780.438.8298
MekiMeki
Japanese / Vietnamese Restaurant & Lounge
The best sushi, new rolls & phở Edmonton has to offer
8109 - 101 Street • makiedmonton.com
Open 7 Days a Week · Sun-Thu 11am-11pm · Fri & Sat 11am-2am
EVERY TUESDAY $.30 CHICKEN WINGS IN THE LOUNGE

WHOA, NELLY!

SINGER CALLS NEW SOUND 'RAW' AND 'ABRASIVE' PAGE 12

THE NO "B.S." BOXING WEEK EVENT
Entire Store 30-80% OFF
Plus Get An Extra 20% off The Sale price*
*some restrictions apply
8111 102 Street
780.433.6614
Derks

EDMONTON metro®
Tuesday, January 8, 2013
News worth sharing.
metronews.ca | twitter.com/metroedmonton | facebook.com/metroedmonton

Oilsands pollute: Study

Nearby lakes. New research finds toxic hydrocarbons in downstream water sources

New research has provided the most conclusive proof yet that oilsands development in northern Alberta is polluting surrounding lakes.

The findings all but end the debate over industry's contribution to toxins found in local watersheds, say the report's authors. The federally funded research by some of Canada's top scientists was published Monday in the prestigious U.S. journal the Proceedings of the National Academy of Sciences.

It concludes that levels of toxic hydrocarbons in six lakes in the oilsands region are between 2 1/2 and 23 times what they were before the mines were built.

"This shows very conclusively that at least in the lakes we looked at, we cannot see any way we can attribute this to natural causes," said study co-author John Smol, a biologist at Queen's University in Kingston, Ont.

Industry and government have long suggested that hydrocarbons found in water bodies near oilsands development could have come from naturally eroding bitumen deposits. That door is now shut, said Smol. "(That debate's) completely over. If there was still a coffin to be nailed, I think this is kind of putting a lot of nails in the coffin."

Government and industry urged people to look at the whole picture.

"Good science is to the benefit of everybody involved," said Travis Davies of the Canadian Association of Petroleum Producers.

Still, he said the results "need to be weighed against actual impact," pointing out the study found invertebrate numbers in the lakes remain healthy.

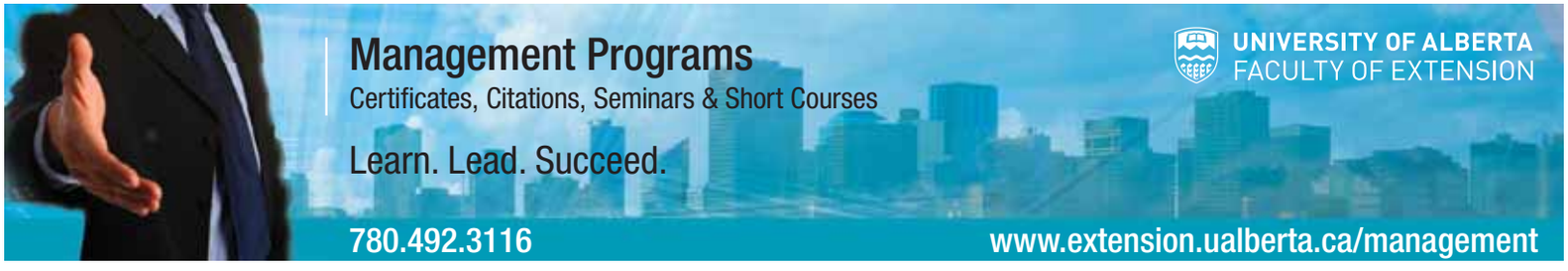
That was echoed by Adam Sweet, spokesman for federal Environment Minister Peter Kent. "With the exception of one lake ... the levels of these contaminants did not exceed Canadian guidelines and were low compared to urban areas," he said. THE CANADIAN PRESS

Quoted

"I think this is kind of putting a lot of nails in the coffin."

John Smol, biologist at Queen's University in Kingston, Ont., on previous suggestions that hydrocarbons found in water bodies near oilsands development came from natural deposits.

This overhead view shows an oilsands mine near Fort McMurray. A new report released on Monday says the industry is to blame for increased pollution levels in nearby lakes. THE CANADIAN PRESS



Ex-health CEO gave heads-up on VIP patients

The former head of Edmonton's health region admitted she gave a heads-up to staff on incoming VIP patients — but didn't expect those patients would get favourable treatment.

"I have a lot of confidence in (staffers') understanding that any sort of extra care or service is dependent on medical need," Sheila Weatherill told the Alberta Health Services Preferential Access Inquiry on Monday.

That sparked a sharp exchange between Weatherill and commission counsel Michele Hollins.

"If the nursing staff and the frontline staff — everyone — agrees that we have every confidence that they are going to treat patients according to their medical need, that they're not going to provide particular service to a prominent person, correct?" said Hollins.

"Correct," said Weatherill.

"Then what is the point of telling them, 'Here's this prominent person that's coming into your facility'? If you expect patients to be treated equally, why didn't your office treat them equally?" asked Hollins.

Weatherill paused before answering.

"I feel there is a value in passing on information to the senior people so that they would have an awareness that these people had become part of the health system," she said.

Earlier witnesses have testified that the health region under Weatherill had a culture of VIP care, with front-line staff told to watch over prominent patients.

THE CANADIAN PRESS

Will be monitored

Police warn of violent sex offender being released after 12-year sentence

Edmonton police are warning the public of a violent sex offender who will be living in the capital region after being released from prison.

Kevin John Taylor, 49, will be released from the Bowden Correctional Centre after completing a 12-year sentence for sexual assault.

Taylor is a convicted violent sex offender who has sexually assaulted women 18 years old and younger. He will be monitored by the EPS behavioral assessment unit.

Taylor is described as Caucasian, six-foot-two, 185 pounds, and has grey hair and blue eyes. METRO

For more local news visit metronews.ca

Charities welcome lockout's end

Raring to go back to the rink. 50/50 draws return along with Oilers games

RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton charities are looking forward to the upcoming NHL season, as it will mean more money in their coffers.

The 50/50 draws that are a regular fixture at Oilers games were on hold when the team wasn't playing, but will now return along with the season.

"We have groups that are ready to go. We have been in contact with them and they are delighted and anxious to get back to the rink," said Natalie Minckler, executive director of the Oilers Community Foundation.

Minckler said the organization takes applicants for their 50/50 draws each summer and usually receive double the applications they can accommodate.

Santas Anonymous was one of the organizations that had to have its 50/50 date pushed back from Dec. 1 to a new date this year.

Executive director Lana Nordland said even after Christmas has passed by, the funds can still be put to good use.

"We still have bills to pay now that January is here, from wrapping paper and bags and Scotch Tape and crayons and all that kind of stuff," she said.

Nordland said missing out on the 50/50 in December was disappointing, because the timing is so perfect for Santas Anonymous.

"To be able to be in Rexall, during a hockey game, the exposure is great to remind people that Christmas is coming."

By the numbers

- The NHL lockout lasted a total of 113 days and the league now expects to have a 48-game season, which will likely begin on Jan. 19.
- In a full season, the Oilers would have had 41 home games and a 50/50 draw at each one.

Volunteers with Santas Anonymous pick up presents to deliver to needy families. The charity was one of many that had an Oilers 50/50 draw postponed because of the NHL lockout. METRO FILE

Foundation needs submissions for $1,000 reward

These Edmonton Awesome Foundation trustees want to reward awesome ideas with $1,000 in cash, no strings attached. CONTRIBUTED

While other charities desperately seek donations, one Edmonton organization is in need of people who want $1,000 in cash with no strings attached, except their great ideas.

The Edmonton Awesome Foundation, which gives $1,000 to people with awesome ideas, needs submissions.

When the foundation launched in Edmonton in 2011, trustees (who put $100 of their own money into funding a micro-grant monthly) were overwhelmed with 24 submissions.

Now, the foundation's submission numbers are sitting at less than half of that.

"We'd like to have as many (submissions) as possible because then we have a lot deeper range to choose from," said trustee Lee Hodgins.

Hodgins said a declining number of submissions is a challenge for every Awesome Foundation worldwide.

Past winner Jason Lee Norman said there's no reason to be intimidated when applying for the grant.

"If you think you have a good idea and especially if you think it can benefit a larger group of people connected with the city, I think you should definitely try."

ANNALISE KLINGBEIL/METRO

Want to apply?

The foundation is seeking ideas that "would contribute to the community here in Edmonton to help make it a more awesome place."

- Submissions for the Jan. 25 Awesome Foundation event are still being accepted online at www.EdmontonAwesome.com.
- The Edmonton Awesome Foundation has funded ideas ranging from people-powered bicycles to uplifting notes delivered to strangers.

Popular Edmonton Twitter site a magnet for spammers

#yeg. Spambots latch on to popular hashtags and make a nuisance of themselves

LAURIE CALLSEN
laurie.callsen@metronews.ca

A plague of spam tweets on the #yeg Twitter stream is drawing attention away from legitimate tweets about Edmonton, users and observers say.

From bots that are easily amused to those apparently at the airport, more and more tweets have been popping up in Edmonton's Twitter search feed that have nothing to do with the city.

While it's certainly annoying, it can also make the hashtag — a gathering place for talk about all things Edmonton — a lot less effective, said Dana DiTomaso, CEO of Kick Point Inc., a digital marketing firm in Edmonton.

"It just pollutes it. If you're trying to use the hashtag to talk about an event or tonight's food specials, people won't see it — you're going to see spam," DiTomaso said.

"But scanning through the feed, there is relevant stuff like Edmonton news and current conditions. People are using it appropriately," she added.

Edmonton blogger Mack Male, who tracks the data from the #yeg hashtag, says 660,000 tweets were posted last year using the main #yeg hashtag.

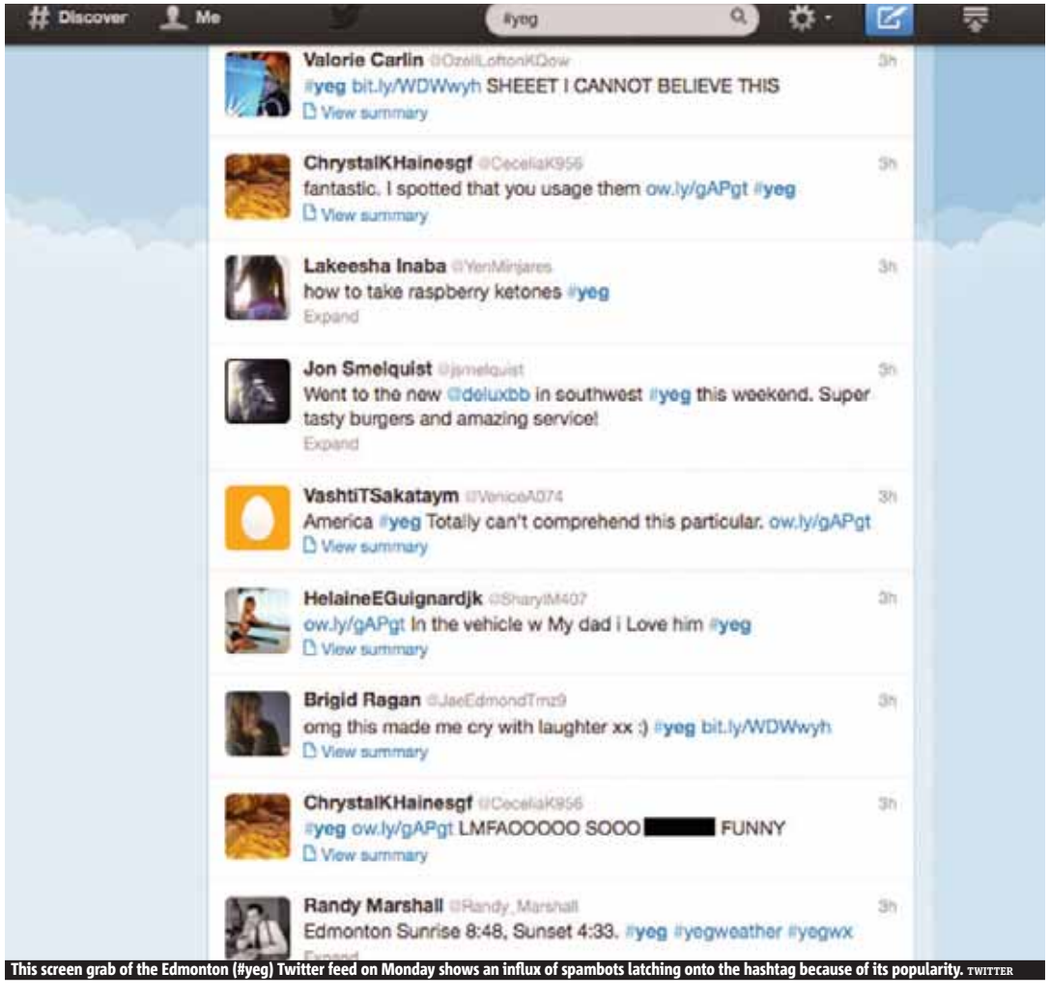
While some cities don't have a universal hashtag, Edmonton does, and it's a popular one at that.

Spammers are likely drawn to the #yeg feed precisely because it's in such wide use, which means more eyes will be drawn to the spam.

"There's consistently a large number of tweets posted using that tag, and therefore it becomes attractive for spammers to tap into it," Male said.

"Every day, there's lots of stuff going into the hashtag, which means there are people looking at it, which means it's an attractive hashtag to be on.

"That's maybe why it's more obvious to us that there's spam, because there's so many people looking at it," he said.



This screen grab of the Edmonton (#yeg) Twitter feed on Monday shows an influx of spambots latching onto the hashtag because of its popularity. TWITTER

Hashing it out

"If it were a lesser-used hashtag, maybe we wouldn't notice as much." Edmonton blogger Mack Male

Transit fares going up

Older tickets still valid after fare hike: ETS

When Edmonton Transit raises its fares at the end of the month, those who bought tickets for the old price will still be able to use them.

On Feb. 1, the system is bumping up fares to $3.20 from the current $3. The 10-ticket books will also be rising in price, but tickets bought under the old prices will still be valid.

"Our tickets have a two-year life, so we don't ask for any more money if the cash rate goes up," said Patricia Waisman, director of business development with Edmonton Transit.

Waisman said the system is preparing to adapt to the change. Measures include making sure ticket machines have plenty of change. RYAN TUMILTY/METRO

WestJet Flight 150

Plane bound for Edmonton slides off runway

Passengers aboard a WestJet plane that slid off the tarmac and got its wheels stuck in the snow at the airport in Kelowna, B.C., were left waiting for another way to get to Alberta.

WestJet Flight 150, destined for Edmonton, was carrying 134 passengers and six crew as it pulled away from the terminal shortly before 8 a.m. on Monday, airline spokesman Robert Palmer said.

The plane was moving at about 15 kilometres an hour when at least some of its wheels left the tarmac. There were no injuries.

A storm was blanketing the area with heavy snow at the time, causing poor visibility, but Palmer said the exact cause was still under investigation.
THE CANADIAN PRESS

EDMONTON.MINI.CA

SCREW MANUAL LABOUR.
(NO-CHARGE AUTOMATIC AND ALL-WHEEL DRIVE)
GET NO-CHARGE ALL4 ALL-WHEEL DRIVE AND AUTOMATIC TRANSMISSION INCLUDED FOR A LIMITED TIME

Sure a larger MINI is a paradox, but the MINI Countryman is all about packing in maximum fun. Like five friends via four passenger doors (a MINI first), and all their stuff in the ginormous trunk. We've even thrown in automatic transmission and ALL 4 All-Wheel Drive at no extra charge (total $2,550 value, regularly optional). The MINI Cooper S Countryman ALL4 specially priced and loaded: only until January 31st.

THE MINI COOPER S COUNTRYMAN ALL4 ALL-WHEEL DRIVE
FINANCE RATES FROM 0.9%APR† FOR 36 MONTHS
ALL4 ALL-WHEEL DRIVE CREDIT $1,250*
NO-CHARGE AUTOMATIC $1,300*
FUEL EFFICIENT‡ HIGHWAY 5.2 L/ 100 KM | CITY†† 6.6 L/ 100 KM
NO-CHARGE SCHEDULED MAINTENANCE FOR 3 YEARS/50,000 KM
MINI 10 YEARS

COME IN AND VISIT US TODAY MINI EDMONTON 7450 ROPER ROAD · 1.855.300.1526

*No-charge ALL4 all-wheel drive credit of $1,250 available on the MINI Cooper S Countryman with standard front-wheel drive and applies to lease, finance, and cash purchases. **No-charge automatic transmission credit of $1,300 available on the MINI Cooper S ALL4 and applies to lease, finance, and cash purchases. Offer expires January 31st, 2013. Credit offer is not redeemable for cash or credit in whole or in part. Delivery must be taken by January 31st, 2013. Offer requires Retailer participation. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. See your local MINI Retailer for full details. Total list price of a MINI Cooper S Countryman ALL4 is $34,295, which includes base MSRP ($32,400) and freight & PDI ($1,895). Security deposit, administration fees; licence; insurance; registration; taxes; EHF tire, filter; similar taxes levied on the manufacturer (if charged by the Retailer), and PPSA are extra. †Finance rate of 0.9% available for up to 36 months. Example: $20,000 financed at 0.9% for 36 months equals a monthly payment of $563. Cost of borrowing is $278. Finance and lease rates are those offered by MINI Financial Services Canada only on approved credit (OAC). Retailers are free to set individual prices and charge administration fees, which may change the APR or the price of the vehicle. ‡Fuel efficiency is only applicable to the 2012 MINI Cooper S Countryman ALL4 with manual transmission. ††New 2012 MINI vehicles purchased from an authorized MINI Retailer in Canada are covered by a No-Charge Scheduled Maintenance Plan for 3 years or 50,000 km, whichever comes first. Certain limitations apply. Contact your MINI Retailer for details. ©2012 MINI Canada. "MINI", the MINI logo, MINI model designations, and all other MINI related marks, images, and symbols are the exclusive properties and/or trademarks of BMW AG, used under licence.

Volkswagen. Das Auto.

Southgate Volkswagen would like to welcome Shane Burkett to our new vehicle sales department.

Shane Burkett

Shane would like to welcome all new and existing customers to come see him.

SOUTHGATE Volkswagen

Sale Hours Mon - Thurs 8:30-8 • Fri & Sat 8:30 - 6

1223 101 Street SW 780.438.8888

United States

Stem-cell research keeps tax funding

The Supreme Court will not stop the U.S. government's funding of embryonic stem cell research, despite some researchers' complaints that the work relies on destroyed human embryos.

The high court on Monday refused to hear an appeal. Opponents cited a law that prohibits taxpayer financing for work that harms an embryo. THE ASSOCIATED PRESS

Human rights

China to stop sending prisoners to labour camps

China will stop handing down labour camp sentences this year under a system that allowed police to lock up government critics and other defendants for up to four years without trial, the country's top law enforcement official said Monday.

Details remained unclear, including what would become of existing camps and inmates. THE ASSOCIATED PRESS

14,000 comments

Brad Pitt tells China 'I'm coming' on pseudo-Twitter

Brad Pitt is now on China's version of Twitter, and his mysterious first tweet has drawn thousands of comments.

The actor's account on Monday sent: "It is the truth. Yup, I'm coming."

The site IMDb says Pitt was banned from China for his role in Seven Years in Tibet. THE ASSOCIATED PRESS

People protest in New Delhi on Monday over the recent gang rape of a young woman on a bus. A magistrate has ruled that media will be barred from pre-trial hearings and the trial of the five men accused in the case. TSERING TOPGYAL/THE ASSOCIATED PRESS

Media barred from rape trial

India. Rape-and-murder case expected to be sent to special 'fast-track' court to avoid typical delays

An Indian magistrate ruled Monday that the media will not be allowed to attend pre-trial hearings or the trial of the five men accused of raping and killing a young student in the Indian capital, a police official said.

Magistrate Namrita Aggarwal upheld the prosecutor's request, according to police spokesman Rajan Bhagat. Hundreds of journalists, lawyers and curious onlookers had crowded the courtroom where the five were to appear. Outside, more than a dozen TV trucks jammed the streets, and dozens of reporters from around the world were waiting for news.

The defendants later appeared before the magistrate, who scheduled another pre-trial hearing on Thursday that is expected to result in the case being sent to a "fast-track" court. Since the Dec. 16 attack, New Delhi has set up five such courts to handle sexual-assault cases, which often get bogged down for years. Indian courts are notorious for delays, with millions of cases pending.

The trial is expected to begin in the coming days. Indian rape trials are normally closed to the media. THE ASSOCIATED PRESS

Case details

Authorities have charged the men with murder, rape and other crimes that could bring them the death penalty. A sixth suspect, who is 17 years old, is expected to be tried in a juvenile court.

- **DNA test.** Prosecutor Rajiv Mohan said that tests confirmed the victim's blood matched DNA on the clothes of the accused.
- **Bargain.** Two defendants offered to become informants against the others, according to reporters at the hearing.

U.K. Mother who killed son over Qur'an lessons sentenced to 17 years

A British judge on Monday sentenced a woman he called a "loving mother" to at least 17 years in prison for beating her son to death after he failed to memorize passages from the Qur'an.

A jury at Cardiff Crown Court in Wales convicted 33-year-old Sara Ege last month of murdering 7-year-old Yaseen and burning his body to destroy the evidence.

Judge Wyn Williams said Ege beat Yaseen repeatedly with a stick over several months, causing internal injuries.

He said that, on the day he died in 2010, Yaseen had been kept home from school to memorize verses from the Muslim holy book, and that his failure "was the trigger for the beating" that killed him.

The judge agreed with defence arguments about India-born Ege's state of mind, saying she was "a devoted and loving mother" who suffered from depression and domestic violence.

Still, he said, she subjected her son to "prolonged cruelty." THE ASSOCIATED PRESS

Indonesia. Women could see an Islamic ban on straddling motorbikes

Authorities in Indonesia's Aceh province are pressing ahead with a proposal banning female passengers from straddling bikes despite reported opposition from the central government.

Suaidi Yahya, mayor of the city of Lhokseumawe, said a woman's curves are more visible when straddling than when sitting sideways.

Aceh introduced a version of Shariah law in 2009 after it gained autonomy in a 2005 peace deal to end a long-running separatist war there.

On Monday, authorities stated that women will not be allowed to straddle motorbikes and will not be allowed to hold onto the driver. THE ASSOCIATED PRESS

An Acehnese women on a bike. RAHMAT YAHYA/THE ASSOCIATED PRESS

NOW OPEN
Sales & Service

EDMONTON'S NEWEST LUXURY DEALERSHIP

The New 2013 GS Series.
Well Equipped From: $57,248*

The New 2013 Lexus ES 350 and ES 300 Hybrid.
Well Equipped From: $41,848*

PASSION
LUXURY
PRIVILEGE
SUPERIOR
BELONGING
REFINEMENT
PASSION
WELCOMING
RECOGNITION

The New 2013 RX Series.
Well Equipped From: $50,375*

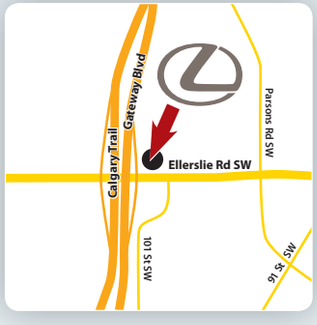
LEXUS SOUTH POINTE

780-989-2222

www.lexussouthpointe.com

On the corners of Ellerslie and Gateway Blvd. SW

AMVIC
Alberta Motor Vehicle Industry Council



*Includes freight/PDI and block heater.

RBC Royal Bank

Great mortgage rates.

2.99%
3-Year Fixed Rate[1]

and great rates in between

3.59%
7-Year Fixed Rate[1]

Short-term flexibility, long-term stability and everything in between.

- Up to 120 day rate guarantee[1]
- We'll cover your switching costs[2]
- Flexible pre-payment options
- Home Equity Credit Line at Prime + 1/2% (Prime + 1% at other banks)[3]
- Canada's largest mortgage specialist team – advice that comes to you

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™

[1] These rates are special discounted rates below our posted rate and are only available on mortgage applications that fund within 120 days of the start date of the application. Terms and conditions apply. Not available on construction draw mortgages. These rate offers may be changed, withdrawn or extended at any time, without notice. Not available in combination with any other offer or rate discount. Other terms and conditions apply. The Annual Percentage Rate (APR) is based on a $200,000 mortgage and a mortgage processing fee of $250. Fee may vary depending upon type of property and location. For 2.99%, 3 year fixed rate offer, APR is 3.04%. For 3.59%, 7 year fixed rate offer, APR is 3.61%. [2] We will pay the basic title insurance fee, processing fee and one discharge fee (up to $300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance $50,000. [3] The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. These rates can be changed, withdrawn or extended at any time without notice. Residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Plus more.

EPA head quit over pipeline plan: Report

According to a New York Post report, Lisa Jackson, the former head of the U.S. Environmental Protection Agency, resigned because of the proposed Keystone XL pipeline. KEVIN WOLF/THE ASSOCIATED PRESS FILE

Rumour has it. Jackson has voiced concerns over Keystone pipeline, which President Obama appears set to approve

The head of the U.S. Environmental Protection Agency resigned abruptly last week, reportedly to protest the Obama administration's apparent plans to approve TransCanada's Keystone XL pipeline in the coming months.

The American environmental movement is abuzz following a New York Post report that Lisa Jackson suddenly quit her post because she doesn't want to be at the helm of the agency when the White House rubber-stamps the project.

"She was going to stay on until November or December," a source close to Jackson told the Post. "But this changed it. She will not be the EPA head when Obama supports (Keystone XL) getting built."

The EPA is one of several federal agencies that's been advising the Obama administration on the $7-billion pipeline, a project that would carry millions of barrels of crude a week from Alberta's carbon-intensive oilsands to the U.S. Gulf Coast.

Quoted

"This isn't a little tiny pipeline. This is a pipeline that cuts our country literally in half."

Lisa Jackson, then head of the EPA
at a 2011 appearance at Howard University

The ultimate decision on Keystone XL's fate rests with the State Department, since it crosses an international border.

Jackson was appointed soon after Obama was elected. Over the past four years, she's pushed through the toughest new air- and water-pollution rules in more than 20 years and has frequently spoken out on climate change.

In July 2010, as TransCanada awaited a decision from the White House on the pipeline, the EPA sent a letter to the State Department calling its draft environmental assessment of the project "inadequate."

It chastised analysts for failing to address the greenhouse-gas emissions associated with Keystone XL, and urged the State Department to further examine safety and spill-response planning, as well as the impact on Canadian native communities.

THE CANADIAN PRESS

Aurora. Police testify in hearing of suspected movie theatre gunman

The families of victims of last year's mass shooting at a Colorado theatre sat through emotional testimony Monday from police officers who tried to save the lives of the wounded.

One sergeant recalled during the hearing for suspected gunman James Holmes that he did not find a pulse for the youngest victim, six-year-old Veronica Moser-Sullivan.

Another said he had to stop one man worried about his seven-year-old daughter from jumping out of the moving patrol car.

A bearded Holmes didn't appear to show any emotion.

The first extensive details were emerging about the young man suspected of killing 12 people and wounding at least 58 in one of the worst mass shootings in the U.S. last year. The hearing will determine whether the case will go to trial.

The massacre thrust the problems of gun violence and mental illness into the forefront before they receded in the ensuing months. Now, just weeks after a shooting spree at a Connecticut elementary school left 20 children and six adults dead, prosecutors are laying out their case with the nation embroiled in a debate over gun violence and mental illness.

Family members and victims line up to get into court for a preliminary hearing for Aurora theatre shooting suspect James Holmes at the courthouse in Centennial, Colo., on Monday. ED ANDRIESK/THE ASSOCIATED PRESS

Any new details to emerge this week — including Holmes's mental state — will come amid the discussion over an array of proposals, including tougher gun laws, better psychiatric care and the arming of teachers.

Investigators say Holmes was wearing a gas mask and body armour when he tossed two gas canisters and opened fire in the theatre on July 20.

Officers found Holmes standing next to his car. Officer Jason Oviatt said Holmes seemed "very, very relaxed" and didn't seem to have "normal emotional reactions" to things. "He seemed very detached," he said.

Holmes volunteered that his apartment had been booby trapped, officers said.

Until now, many details of the case have been kept quiet and many court documents have been filed under seal.

THE ASSOCIATED PRESS

Twitter

Don Cherry on aid to Haiti: 'Are we nuts?'

Don Cherry took to Twitter on Monday to air his objections over the millions in aid money that Canada sends to Haiti.

"You know, I am one of those guys, like most people in Canada, we like to help the countries all over the world. But sometimes it makes you wonder," read a couple of the tweets.

"Maybe it's just me. But Canada gave Haiti 49.5 million dollars last year. Are we nuts?"

Cherry asked why Ottawa would send so much cash to Haiti when the health-care system in Canada is stretched to its limits. "We've got a guy dying in Toronto waiting 3 hours for an ambulance," the controversial star tweeted to his nearly 118,000 followers.

The tweets came five days before the third anniversary of a massive quake in Haiti that killed an estimated 300,000 people and left more than 1.5 million homeless. THE CANADIAN PRESS

A woman takes children to school on a four-wheel vehicle following their lunch break in Attawapiskat, Ont., in 2011. An audit of millions of dollars in spending at the troubled reserve in northern Ontario reveals an absence of basic accounting by the band council and ongoing indifference by government departments. ADRIAN WYLD/THE CANADIAN PRESS FILE

Chief makes new demands after scathing report

Hunger strike. Audit criticizing spending at Spence's reserve sparks a bid to rescind part of Tories' latest budget

The battle over the plight of Canada's First Nations escalated Monday amid accusations of a cynical public relations ploy by the Harper government and new demands by a hunger-striking chief.

Chief Theresa Spence, who has been on a liquid diet since Dec. 11, said she now wants elements of the Conservatives' latest omnibus budget bill repealed as soon as MPs return to Ottawa at the end of the month.

Spence had previously been seeking only a meeting between Prime Minister Stephen Harper, the Governor General and First Nations leaders to discuss outstanding treaty matters.

"We are asking that the legislation related to (native) lands encoded in Bill C-45 must be rescinded as soon as Parliament resumes," Spence said in a release.

The new demand came as Ottawa released a scathing audit of tens of millions of dollars in spending on Spence's Attawapiskat reserve, a troubled community on the shores of James Bay in northern Ontario.

The audit details an absence of basic accounting by the band council and ongoing indifference by federal government departments.

Spence's release called the leaked audit "no more than a distraction of the true issue ... to discredit Chief Spence, who is willing to lay down her life for a larger cause."

THE CANADIAN PRESS

Political ploy?

The Deloitte audit catalogues more than $109 million in spending over almost seven years, much of it poorly documented, undocumented or questionable.

Aboriginal protest

Judge criticizes police inaction

An Ontario judge who has issued two injunctions to end blockades of critical rail arteries is slamming police for not ending the aboriginal protests, saying their inaction leads to "dangerous waters."

Protesters blocked the railway Saturday afternoon near Kingston, Ont., affecting freight and passenger train service between Toronto and Montreal, and CN Rail went to court Saturday night for an injunction.

THE CANADIAN PRESS

Immigrant health care

Benefits were on chopping block, documents show

Newly-released documents show Citizenship and Immigration staff had to scramble to make the case for preserving some refugee health-care benefits that were on the chopping block last year. And they were forced into a last-minute pitch to Immigration Minister Jason Kenney despite having raised concerns eight months earlier that the proposed policy wasn't clear. THE CANADIAN PRESS

Controversial pick

Obama nominates defence secretary

Despite Republican misgivings, U.S. President Barack Obama announced Monday he will nominate former GOP Sen. Chuck Hagel as his next defence secretary, calling him "the leader our troops deserve." He also chose White House counter-terrorism adviser John Brennan to lead the Central Intelligence Agency.

Controversy surrounds both choices, but the president called on the Senate to quickly confirm both.

THE ASSOCIATED PRESS

Cold-case suspect arrested in Alberta

A tip helped Toronto police make an arrest in connection with a pair of sexual assaults dating back two decades.

The Toronto Police Service said Monday that evidence has linked the suspect to the alleged crimes that took place eight months apart, one in 1993 and the other in 1994.

In one incident, police said a 19-year-old woman was pulled under a parked tractor-trailer, sexually assaulted and then robbed by a man armed with a knife.

In the other, police said a man climbed up to a second-storey apartment and sexually assaulted a 46-year-old woman at knifepoint before stealing her purse.

The arrest came more than a year after police offered a $50,000 reward for information that led to the identification or capture of the suspect.

Toronto police Det. Ali Ansari said 43-year-old Steven John McGuire was arrested last week in Fort McMurray, where he had been working.

Police said Steven John McGuire, 43, was arrested last week in Alberta in connection with two sexual assaults dating back 20 years.
TPS/THE CANADIAN PRESS

He is charged with sexual assault with a weapon and robbery in the 1993 incident and breaking and entering, sexual assault with a weapon, robbery and threatening death in the 1994 incident.

McGuire appeared in court on Sunday and was remanded into custody. His next hearing is scheduled for Jan. 21.

"We want the community to know that we don't give up on cases," Ansari said in a news conference, adding the victims were "relieved" to hear of the arrest.

THE CANADIAN PRESS

Investigation

Police revealed few details Monday about the investigation, saying they couldn't discuss the nature of the tip they received.

- **Known to police.** Ansari said McGuire has been living outside Ontario since 2005 and is known to police in several jurisdictions, including Toronto.
- **Sketch.** Police have released a composite sketch of McGuire in the hope of stirring up more information.

Ouster trial. T.O. mayor portrayed by lawyer as a 'plain and honest' man

Rob Ford's fate as mayor of Toronto rested in the hands of three judges on Monday after a day of largely technical arguments for and against a court ruling that he should be removed from office for conflict-of-interest violations.

The mayor's lawyer told the Divisional Court panel that Ford was an open and honest politician ordered to forfeit his job by a judge who had misinterpreted the law.

Ford's opponents countered that the mayor had deliberately flouted conflict-of-interest rules, and the judge's ruling requires deference as long as it was reasonable.

In calling for Divisional Court to overturn Ford's ouster, lawyer Alan Lenczner said there never was any case against the mayor.

Ford, Lenczner said, gained no financial benefit from fundraising for his private football foundation and was upfront when he spoke during a council vote that he was only trying to help disadvantaged youth.

"He was perfectly plain and honest," Lenczner told a jammed courtroom. "This is the hallmark of an honest man."

In November, Ontario Superior Justice Charles Hackland ordered Ford removed as mayor for taking part in the vote on whether he should repay $3,150 raised for the foundation. The ruling was put on hold pending Ford's appeal.

For his part, Lenczner said the mayor could not have been expected to understand the legal intricacies at play.

"Mr. Ford is a high-school graduate," the lawyer told the court. THE CANADIAN PRESS

Toronto Mayor Rob Ford leaves a courtroom on Monday during a break in proceedings as he appeals an earlier decision to remove him from office.
CHRIS YOUNG/THE CANADIAN PRESS

Sudden death

Lottery winner may have been poisoned

With no signs of trauma and nothing to raise suspicions, the sudden death of a Chicago man just as he was about to collect nearly $425,000 in lottery winnings was initially ruled a result of natural causes.

Nearly six months later, authorities have a mystery on their hands after medical examiners, responding to a relative's pleas, did an expanded screening and determined that Urooj Khan, 46, died shortly after ingesting a lethal dose of cyanide. The finding has triggered a homicide investigation, the Chicago Police Department said on Monday.

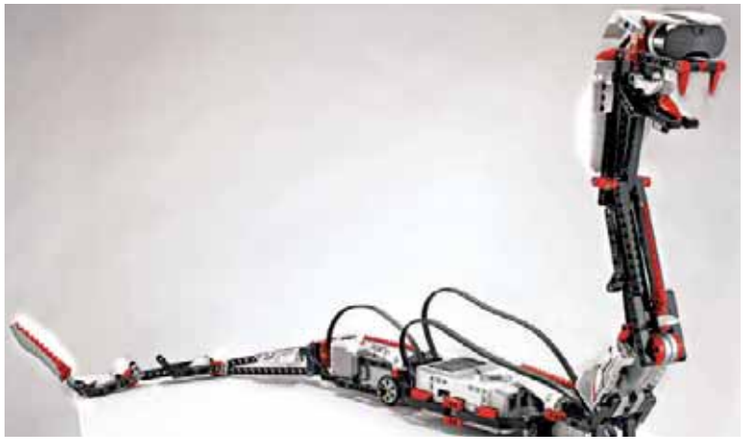
THE ASSOCIATED PRESS

Death row

Canadian inmate hits roadblock to clemency

A lawyer says Montana's outgoing governor will not be granting clemency to Canadian death-row inmate Ronald Smith, a convicted murderer, before he leaves office. The American Civil Liberties Union was informed by Gov. Brian Schweitzer's office.

THE CANADIAN PRESS



Sssssweet! This snake can talk to your iPhone

Meet Reptar, a slithering high-tech snake that's one of 17 different robots that can be built with the new Lego Mindstorms EV3 platform, a $350 US kit that was unveiled Monday at the International Consumer Electronics Show in Las Vegas. The robots will have the ability to talk to iPhones, iPads and iPod Touches through Bluetooth wireless connections. LEGO/THE ASSOCIATED PRESS

Passenger traffic

Air Canada, WestJet report record load figures

Canada's major airlines enjoyed healthy passenger demand heading into 2013 as they reported record load factors for December, carrying substantially more passengers with modest increases to capacity.

Analysts monitor load factor as a measure of how much total fleet capacity is used by an airline to carry passengers.

WestJet said its load factor for December hit a record 81.9 per cent, while Air Canada hit record load factors for the month and the year.

Air Canada said its load factor rose to 82.1 per cent in December while the full-year number was 82.7 per cent, up 1.1 points in each case. THE CANADIAN PRESS

Wanted: One hotshot new central banker (nerves of steel req'd)

Apply immediately!
If you can shape global economic policy, keep inflation in check and manage the loonie, you too could be the next BoC governor

Psst. Want to be the next governor of the Bank of Canada? An executive search firm has posted an ad for the position on the central bank's website.

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between $431,800 to $507,900 plus pension, health and dental benefits.

But the ad does outline an impressive list of criteria.

Quite apart from the daunting task of succeeding the current governor, Mark Carney, who is seen as something of an international financial superstar, the job is not for the faint of heart.

Carney's resume, for example, includes a doctorate in economics from Oxford University, 13 years with Goldman Sachs and a stint as a senior official in the federal finance department.

His successor must be capable of running an institution that helps shape global economic policy, keep Canada's inflation rate in check and maintain integrity in the value of the loonie, says the ad posted by Odgers Berndston.

Interestingly, the ad also says the candidate must be a Canadian citizen. That appears to rule out an international swap for Carney, who is leaving in June to become governor of the Bank of England.

Carney was named to the job in England on Nov. 26, an announcement that shocked and surprised the English.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR 101.45¢ (+0.14¢)

TSX 12,499.55 (-41.26)

OIL $93.19 US (+10¢)

GOLD $1,646.30 US (-$2.60)

Natural gas: $3.27 US (-2¢)
Dow Jones: 13,384.29 (-50.92)

By the numbers

$431,800

According to the bank's website, the governor's salary for 2012 was between $431,800 and $507,900, plus pension, health and dental benefits.

SAY 'I DO' TO THESE UNIQUE WEDDING TRENDS

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

The holiday season is over, which means that the wedding-planning season has officially begun. With most couples walking down the aisle during the spring and summer months, many are starting to make plans for their upcoming nuptials.

From the cheesy first dance to the bouquet toss, most weddings tend to feel like the same thing over and over again. "No matter how unique a couple wants to be, there are still certain traditions they'll want to honour," says Four Weddings Canada producer Marnie Sugarman. Sugarman has overseen more than 100 weddings while working on the reality show in which brides attend and judge each other's weddings to compete for a dream honeymoon.

So how can couples make their special day stand out among the cookie-cutter ceremonies? Skip the tacky convention-centre bridal shows (where bad taste goes to die) and consider these five hot wedding trends for 2013.

Guest ye be judged

Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut.

Actually getting hitched is only the beginning: Flash mobs, choreographed dances and skits are just some of the creative ways couples are going above and beyond to entertain their wedding guests, Sugarman says. Because nothing says "I'll love you for eternity" like circus animals and a pyrotechnic display.

You are cordially uninvited: Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut. Yes, believe it or not, couples are actually spending hundreds of dollars on stationery and calligraphy fees to reach out to the people they don't like enough to put on the guest list.

Ditch the white dress: Let's face it: Most of us aren't fooling anyone in those virginal white dresses anymore. If you're both in your late-20s or older and have been living together for a few years, then it's safe to assume that people know you aren't saving it for marriage. So why stick with the oh-so-chaste plain white dress? Opt for an unconventional shade such as soft pink or yellow, which are becoming increasingly popular, Sugarman says.

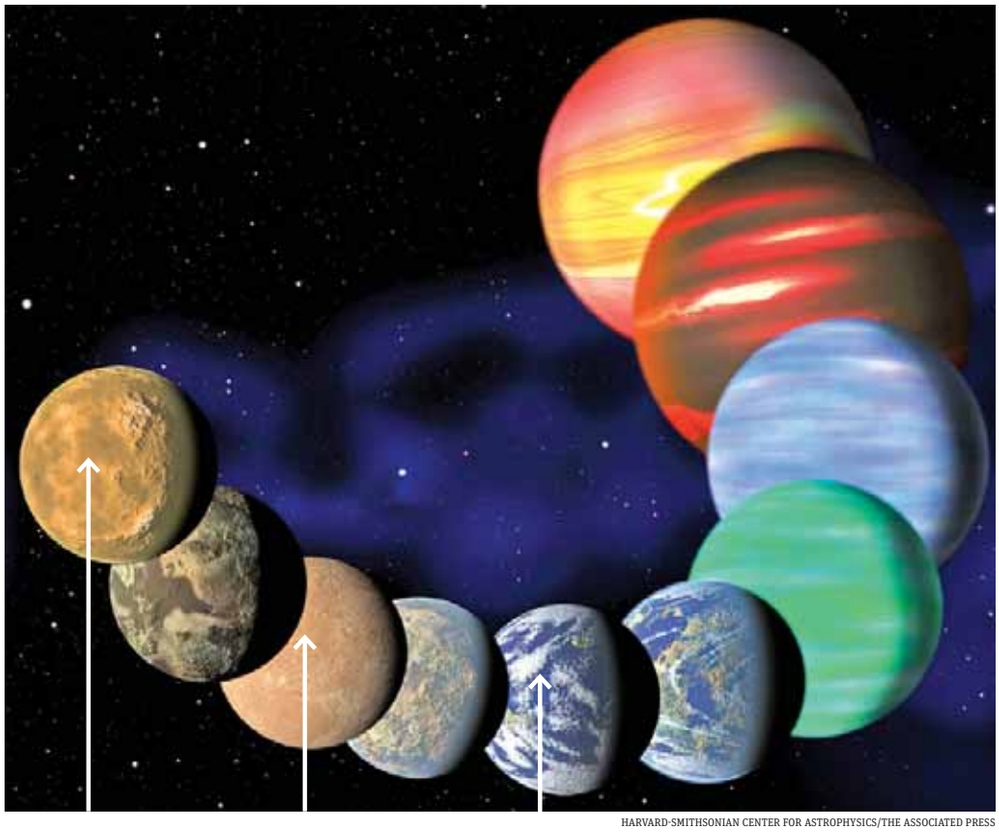
Churches are so over: From art galleries to high-end furniture stores, unique venues are all the rage for many couples exchanging marriage vows. Also, anyone on Pinterest knows that banquet-hall receptions are out and adorably twee barnyard hoedowns are in.

Make your Big Day a small affair: The couples on Four Weddings Canada spent an average of $31,625 on their weddings. With that kind of money you could buy a brand-new Mini Cooper convertible, finance two years of university education or put a down payment on a house. So instead of donning an haute couture blush-pink gown and dancing down the aisle in an airplane hangar, you could just pop some champagne while signing the papers at city hall and save yourself a whole lot of money.

Wedding bell news: Let your gown do the blushing for you.
PASCAL LE SEGRETAIN/GETTY IMAGES

Follow Jessica Napier on Twitter @MetroSheSays

So many worlds of possibility



HARVARD-SMITHSONIAN CENTER FOR ASTROPHYSICS/THE ASSOCIATED PRESS

Goldilocks mission

Spacecraft spots billions of Earth-sized planets

This artist's rendering released Monday by the Harvard-Smithsonian Center for Astrophysics shows the different types of planets in our Milky Way galaxy detected by NASA's Kepler spacecraft.
THE ASSOCIATED PRESS

Not too hot, not too cold

17B

A new estimate presented at the American Astronomical Society suggests that the Milky Way galaxy is home to at least 17 billion planets similar in size to Earth.

It doesn't mean all are potentially habitable, but the sheer number is a welcome starting point in the search for worlds like our own.

Scientists have yet to find a twin Earth — one that's not only the right size but also located in a zone that's not too hot and not too cold where water might exist in liquid form.

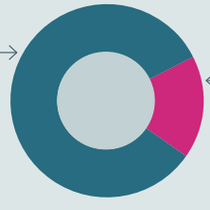
Search for just-right twin

- Two independent groups came up with the new estimate after a fresh analysis of data gathered by NASA's Kepler spacecraft, launched in 2009 to track down other Earths. The craft spots a planet when it passes in front of the planet's star.
- One team led by Francois Fressin of the Harvard-Smithsonian Center for Astrophysics estimated at least one in six stars has an Earth-size planet orbiting it.
- Using a different method, researchers at the University of California, Berkeley, and the University of Hawaii determined 17 per cent of stars host planets that are one to two times the diameter of Earth.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Canada is the guinea pig for Facebook's new VoIP service. Will you be answering the call?



Twitter

@rob_yeg: Wowsers, that Lean Cuisine really filled me up", said no one ever. #yeg #fitness #monday #truestory #FOOD

@bunny_smash: First day of classes and #yegtransit is busy. Worst part is people who use 2 seats for no reason. #yeg #movetotheback

@yegmagpie: Whoa whoa whoa! Just got my #yeg property assessment...my nest is up $2 this year! That's BANANAS. #biggestjumpever

@KariSkelton: Yoga. Discovering your centre... and the spots you missed while shaving your legs. #namaste #yeg #yegfitness

@imin200: Attention #yeg! If you meet an escaped fruitfly with curly wings and white eyes do NOT approach. She is injured and may behave aggressively.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Edmonton** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Cheryl Skogg • **Distribution Manager** Jim Hillman • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO EDMONTON** Suite 2070, 10123 - 99 Street Edmonton, AB T5J 3H1 • **Telephone:** 780-702-0592 • **Fax:** 780-701-0356 • **Advertising:** 780-702-0592 • adinfoedmonton@metronews.ca • **Distribution:** edmonton_distribution@metronews.ca • **News tips:** edmonton@metronews.ca • **Letters to the Editor:** edmontonletters@metronews.ca

SCENE 2

It may have taken 113 days (and many broken hearts) but the NHL lockout has finally come to an end. While both sides finalize details, fervent fans must impatiently wait for the games to begin. In the meantime, Metro presents five songs to get you back in the mood for hockey:

STEVE GOW
scene@metronews.ca

Time to Go, Dropkick Murphys

No other song so brilliantly highlights the anticipation of the strike's end. Dropkick Murphys, hockey enthusiasts themselves, wrote this tune as a Bruins fight song. But its spirited chant "drop the puck, it's time to go" surely speaks to all fans eager for the return of their favourite sport.

50 Mission Cap, The Tragically Hip

50 Mission Cap may be specifically about hockey hero Bill Barilko and his mysterious disappearance after leading the Maple Leafs to a Stanley Cup, but the Tragically Hip's hockey hit also speaks to a simpler, nostalgic period of the sport's history.

The Hockey Song, Stompin' Tom Connors

Stompin' Tom Connors' 1973 classic has become synonymous with the sport. Not only is it played at every NHL game, but its chorus blurts out "the best game you can name is the good ol' hockey game" and that's gospel for many Canadians.

Big League, Tom Cochrane

A song about a player whose promising hockey greatness was cut short by a car wreck, Tom Cochrane himself admits he's as proud of his 1988 hit "as anything I've ever written." Pure Canadiana, its spirit mirrors the passion of the fans.

Hit Somebody (The Hockey Song), Warren Zevon

Warren Zevon may be best known for Werewolves of London, but this quirky 2002 song about a young, talentless goon passionate to score just one goal instead of fight should be a reminder to NHLers how lucky they are to play.

How Nelly got her groove back

Spirit Indestructible. Singer dug deep into her past to inspire her on her new album — her first English effort in six years

IAN GORMELY
scene@metronews.ca

Nelly Furtado is hitting the road to promote her new album, Spirit Indestructible, released in September. GETTY IMAGES

Nelly Furtado's latest album, Spirit Indestructible, saw release back in September, but the Victoria singer is only now hitting the road to promote the release.

The delayed trip, which includes a string of Canadian dates, is in keeping with the drawn out creative process behind the record, her first English language effort in six years.

"It took two or three years for me to put forth what I really wanted to say on the album," she says.

After releasing a Spanish-language album on her own NelStar label in 2009 and overseeing Toronto singer-songwriter Dylan Murray's debut for the fledgling company, Furtado found it difficult to rediscover the groove that had helped produce massive hits like I'm Like a Bird and Promiscuous.

But Furtado's material soon took on a nostalgic tone as she began digging through her past for inspiration. Rodney "Darkchild" Jerkins, who produced the majority of the album's dozen tracks, worked on many of the late-'90s R&B and hip-hop tracks Furtado grew up on.

The track Big Hoops even name-checks No Diggity, a 1996 hit by Blackstreet, an R&B group founded by Jerkins' mentor Teddy Riley. Yet the singer was oblivious to her producer's past until she found plaques commemorating his work with Aaliyah hanging in the studio hallway. "I think that was why I was feeling so open and willing to write about stuff from the past in such a celebratory way," says Furtado. "There was a lot of serendipity going on."

Furtado describes the final product as "quite different" from her previous outings, combining the club vibes of 2006's Timbaland-assisted Loose with the folkier leanings of her first two records.

Eclecticism, she says, has always been a big part of what she does. "It's very loud, abrasive, it's raw, and a little irreverent. I've been away for a while," she says.

"If I'm going to put something out I want it to be sonically creative."

The good life is coming to MILL WOODS
250-2331 66 Street NW 780-395-9712
GoodLife FITNESS CO-ED & for WOMEN
The good life. Made easy.
Join Today
$10 PER WEEK
NO MONEY DOWN NO ENROLMENT
on a 2 Year Membership.* Limited time offer.
goodlifefitness.com/newclubs
Connecting made easy:
OPENING FEBRUARY 2013
*Based on the purchase of a 2 year membership. Bi-weekly payments will commence based on your start date. $10 weekly payments valid at Edmonton Mill Woods Co-ed Club only. Applicable tax applies. No additional fees are required above the membership fee. Membership fees vary based on club and the selected membership option chosen. Offer valid at participating locations only. Limited time offer. Other conditions apply, see club for details.

Kutcher's relationship with Kunis has been one international adventure

Ashton Kutcher's jet-setting relationship with Mila Kunis continues. After hitting up Kutcher's hometown of Cedar Rapids, Iowa in late December, the pair reportedly spent the first weekend of the new year living it up in Rio de Janeiro, according to E! News. Kutcher and Kunis were spotted at the restaurant Mr. Lam in the comapany of Brazilian TV host Luciano Huck and other pals. Since the former That 70s Show co-stars started dating last year, they've spent more time on the road than at home in L.A., it appears, with lengthy residences in New York City and Rome.

Twitter

@ParisHilton
Spent the entire day going through all my closets again. My entire dining room is full of racks of clothes & boxes of handbags etc to donate

@Sethrogen
Abu Nazir's FaceTime works way better than my FaceTime ever has

@TomArnold
The more screwed up the person the more inspirational their tweets.

@kirstiealley
What would a spider eat if he lives in an empty cabinet under the sink in a guest bath? I'd like to give him a little help..what human food?

Claire Danes. ALL IMAGES GETTY

Stay-at-home parenting not for Claire Danes

Though her first child is not even a month old, Homeland star Claire Danes is already making it clear she doesn't plan to be a stay-at-home mom. "I've always wanted to have kids, but I'm glad I didn't until now. When I was thinking about (working and being a mother) originally, I was really nervous about it," Danes tells Elle magazine. "I think I would make a lousy stay-at-home mom. It just wouldn't suit me. I feel so fortunate in that I've had this arrow-straight focus that I wanted to act." Danes and husband Hugh Dancy welcomed son Cyrus on Dec. 17.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kanye and Kim say no to sale of first baby pics, who said yes?

THE WORD
Dorothy Robinson
scene@metronews.ca

Upon the news that Kim Kardashian and Kanye West have already turned down a $3 million paycheque for the pictures of their unborn child from an overseas tabloid, The Word thought it would be interesting to look at past celebrity baby reveals for ways they can promote Wee Little West.

Selling out (or not) to the highest bidder.

• Brad Pitt and Angelina Jolie are No. 1 in raking in cash from their offspring. In 2006, they got $4.1 million for pictures of their first biological daughter, Shiloh, and a whopping $14 million for their twins, Knox Leon and Vivienne Marcheline, in 2008. However, the couple used the payday for good — they donated the millions to charity.

• J.Lo & Marc Anthony pocketed a reported $6 million from People magazine for the rights to publish pictures of their twins, Emme Maribel Muñiz and Maximilian "Max" David Muñiz, in 2008.

• Christina Aguilera received a reported $1.5 million for her baby photos of son Max from People magazine in 2008.

• Beyoncé and Jay-Z eschewed a big pay day and instead released photos of their daughter Blue Ivy to the public via Tumblr with the statement, "We welcome you to share in our joy. Thank you for respecting our privacy during this beautiful time in our lives. The Carter family."

• And of course, they could always not release photos of their baby and enjoy the time privately (editor's note: hahahahahahahahaha!). Some big stars who haven't publicized their recent babies are Adele, The Beckhams, Ben Affleck and Jennifer Gardner, Anna Paquin and Stephen Moyer.

Bieber dedicates latest inking to Grampa

Justin Bieber

Justin Bieber's tattoo obsession continues, with the 18-year-old Canadian pop star debuting yet another patch of ink via his Instagram account earlier this week. The piece, a profile of a Native American chief, is the logo for the Stratford Cullitons junior ice hockey team. "My grandfather always took me to the Stratford Culliton every Friday night," Bieber posted along with the photo. "This is for (you), Grampa." Last week, Bieber also had a session to add embellishments to an existing tattoo of praying hands on his lower leg.

Courtney Cox and David Arquette

Arquette still Cox's 'best friend' despite divorce

Courteney Cox and David Arquette definitely win the award for most amicable divorce, as the Cougar Town star insists to Ellen DeGeneres that Arquette is still her best friend. "I appreciate David more now than I ever did," Cox says. "I mean, it's hard. I don't recommend divorce in general, but you know, he is my best friend and we've both grown and changed and I think we both appreciate each other more. I hope he does. I do." The pair separated in 2011 and filed for divorce in June but remain active parts of each other's lives.

LIVE THE ALBERTA DREAM!

The Alberta Architecture, Engineering and Construction industry has a projected shortage of hundreds of technicians from 2013 and onward*. YOU are needed to fill that gap.

Design Your Future

- Architectural CAD Technician
- Engineering CAD Technician with Process Piping Specialty
- Computer Aided Drafter
- and more!

* Government of Alberta Publications - Alberta's Occupational Demand and Supply Outlook 2011-2021

DIGITAL School
computer aided design training

Call 780.414.0200
#304, 10205-101 STREET

Hands up everyone who plans to start the new year with a resolution about weight. Yup, that's a lot of hands. As everyone who has ever tried to lose weight knows it's not easy. With the help of Dr. Yoni Freedhoff, an Ottawa-based weight loss expert, and Dr. Arya Sharma, who holds a chair in obesity research and management at the University of Alberta, we're going to tell you about five ways to cut weight.

THE CANADIAN PRESS

5 ways to cut weight

Watch what you drink

Cut the calories you drink. Yes, drink. People routinely forget about the calories in the fluids they imbibe, be it fruit juices, specialty coffees or alcohol, the doctors say. Unlike solid snacks, liquid calories don't fill you up. They don't trigger the brain's impulse to compensate by eating less later.

Make good decisions

Focus on behaviours, not pounds. Your weight is where it is because of your habits. Maybe you snack in front of the TV at night or you give yourself a free pass when you eat out — and you eat out a lot. Grappling with those habits is what you have to do to make inroads on weight control, Sharma says.

Sleep in, lose weight

Get more sleep. The scientific evidence is piling up that society's sleep deficit is contributing to the obesity epidemic. Study after study shows a link between too little sleep and weight gain. In part it's an issue of opportunity: A sleeping person can't eat. Put another way, the more time you are awake, the more opportunity you have to consume calories.

Don't let it come back

Assess the livability of your approach. Unless you're a lucky person who only needs to shed a couple of pounds gained on a cruise or over Christmas, if you want to lose weight chances are weight control is going to be an ongoing part of your life. So going on a drastic diet may shed the excess weight. But if you ease up, it's going to come back. "The idea that 'I'm just going to do something for a couple of weeks and lose weight'— you're just setting yourself up for failure. That weight is going to come back," Sharma says.

Take the pledge

Set realistic goals. You're not a runner but you decide your path to your ideal weight is by becoming a marathoner. Or you pledge to spend 90 minutes at the gym every day when you currently get there three or four times a month. "I think people should take small steps that are sustainable," Freedhoff says.

THE NO "B.S." BOXING WEEK EVENT
Entire Store
30-80% OFF
Plus Get An Extra 20% off The Sale price*
some restrictions apply
8111 102 Street 780.433.6614 Derks

Do you have BACK PAIN?
UNIVERSITY OF ALBERTA

We are looking for subjects for a study that will measure the effect of back braces.

Subjects will receive 5 tests of back function. You may then be picked to wear a corset brace. The brace is not worn in bed or during bathing. The 5 tests will be repeated 14 days later.

We are looking for people with/without **back pain** (18-65 years of age).

If you are interested, please contact:
Dr. Edgecombe or Dr. Kawchuk
(780-297-4986)
Back.Brace.Study@ualberta.ca

Sandwich so good it might make you rethink meat

ROSE REISMAN
for more, visit
rosereisman.com

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto, and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light — just watch the amounts.

For the rolls, I like to use either focaccia or sourdough rolls.

If using store-bought pesto, remember it is higher in fat and calories than my homemade version; use a smaller amount or thin it out with a bit of water.

This recipe serves eight. PER KRISTIANSEN, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Preheat oven to 425 F. Line a rimmed baking sheet with foil.

2. Place onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.

3. For the pesto, place all basil leaves, Parmesan, pine nuts, cream cheese, garlic, stock, and olive oil in the bowl of a small food processor and purée until smooth.

4. Combine 2 tbsp pesto and sour cream in a small bowl.

5. Cut roasted vegetables into pieces that fit the shape of the bread. Place in a bowl and toss with the oil, vinegar and garlic.

6. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable mixture and brie. Replace the top half of the roll and cut in half to serve. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

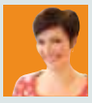
- 1/2 large red onion, sliced
- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 tbsp basil pesto sauce
- 2 tbsp low-fat sour cream
- 1 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp minced fresh garlic
- 4 large rolls (each 3 1/2 oz), split
- 2 oz brie cheese, thinly sliced

Basil Pesto Sauce (Makes 3/4 cup)

- 1 cup fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp chicken stock or water
- 2 tbsp olive oil

Health Solutions

High water content



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Canadian winters are parching because the heated indoor air is as dry as the desert. The double downside is that when you catch a bug, your need for liquids goes even higher.

Drinking eight glasses a day is a bit of a myth, given that foods you eat provide lots of water as well. Increasing the high water choices helps beat dehydration with the added bonus of filling you up. Choose wisely from these high water foods.

- **Watermelon**
- **Oranges/lemons**
- **Kiwi**
- **Berries**
- **Apples/pears**
- **Yogurt**
- **Leafy Greens: iceberg, romaine, kale, spinach, collards**
- **Tomatoes**
- **Cucumbers**
- **Celery**
- **Cabbage**
- **Broccoli**
- **Low sodium broth soups**

Of course, there is always a nice big bottle of sparkling water on your desk in the a.m. that must be finished by the end of the day. **THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Masala Wok is under new ownership.

It is now owned by 1709274 Alberta Ltd.

NEW YEAR'S RESOLUTIONS - HOW TO STICK TO THEM

New Year's resolutions doomed to fail? Bah humbug! You are 10 times more likely to self-change if you make a resolution than making no promise at all, research says.

RESOLUTIONS DROPPED OVER TIME, BUT THEY'RE BETTER THAN NOTHING!

Psychologists from University of Scranton found that success at New Year's resolutions drops over time...

... but people who want self-change but made no resolutions fared over 10 times worse.

HOW TO STICK TO YOUR NEW YEAR'S RESOLUTIONS...

as told by John Norcross, psychologist and author of new book Changeology: 5 Steps to Realizing Your Goals and Resolutions

START BEFORE YOU REALLY START

It's better to ease your way into a resolution, so start practicing before your official start date.

MAKE A PUBLIC COMMITMENT, AND BEWARE OF YOUR WILLPOWER

Success will depend on how public your commitment is, as other people can offer helpful support. If willpower is your only factor in keeping a resolution, you're more likely to fail.

CREATE THE RIGHT ENVIRONMENT

Make small adjustments in your living environment — for example, remove temptations from your house or put Post-it notes as helpful reminders.

THINK HAPPY THOUGHTS

If you feel guilty about a bad habit, you won't change, as guilt will turn into self-blame, and then into more wishing than action.

REWARD YOURSELF

If you're trying a diet, reward yourself with a treat after a milestone date.

APPY NEW YEAR! TOP 5 DESKTOP & SMARTPHONE APPS FOR NEW YEAR'S RESOLUTIONS

MONINAVELARDE.COM/NEWYEARS

This website automatically generates resolution ideas if you are out of inspiration.

STARTARESOLUTION.COM

Call it "resolution networking." Enter your resolution in the site and the person who joined ahead of you will be your coach.

WEIGHTBOT

Here you can set your weight goal, record your weight, view your BMI, and see your progress on a nifty iPhone graph.

QUITTER

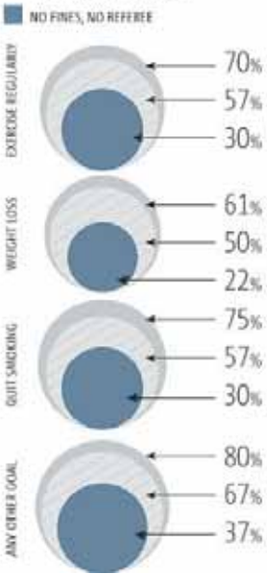
This clever motivation iPhone app shows how far you've gone and how much money you've saved.

DRINKTRACKER

This app keeps track of your drinking habit using your iPhone and tells you when you have drunk enough.

LOSE WEIGHT OR PAY UP! SUCCESS RATES OF "CONTRACT WEBSITES"

StickK.com, a website created by Yale University economists, fines users $20 a week who sign a 24-week resolution contract but don't live up to it. And the stats show that money talks.



SOURCE: UNIVERSITY OF SCRANTON, JOHN NORCROSS, STICKK.COM; TEXT: ANTHONY JOHNSTON, GRAPHIC: MIA KORAB, MWN

New year's resolutions worth thousands

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Exhale a sigh of temporary fiscal relief — the holidays are finally over! Now it's time to deal with the financial aftermath of such a joyous, fun-filled and financially catastrophic holiday season.

If you're feeling maxed out and are dreading the delivery of your January credit card and bank account statements, you'll benefit from a New Year's Resolution which will save you thousands: a 2013 frugality diet. Before you sell your worldly possessions to pay off your Best Buy loan, go Zen for just a moment. Take 10 deep breaths and know that you have the ability to reduce your monetary stress and grow your financial security. Join the ranks of thousands of North Americans that report feeling financially optimistic about 2013. Start by determining your bottom line. Once you know where you stand, you can create a plan to grow your net worth. Download your favourite net worth tracking tool to determine what you own and owe. ALL major banks have free online calculators, but if you want to build your own, simply total up your assets (own) and subtract your liabilities (owe). Focus on the highest impact savings opportunities. If you've got two cars and could get by with one, sell the other. Rent out unoccupied space in your house. Start eating at home rather than buying food from restaurants. Become a smarter shopper using coupons, cutting back and buying items on sale. Sell household or personal items you could live without, like an extra television.

Face your debts head-on. On a spreadsheet, list who you owe money to, the interest rate and balance. Each month, pay a little extra on the highest interest debt until it's paid off. Then pay extra on the next highest interest debt. Retirement approaches fast and growing funds for the future is critical. Take advantage of employer sponsored retirement savings programs like pensions and RRSPs. Live lean in 2013.

Call or Text (24/7) 780 902 6333 • **Apply Online WWW.GOCREDITFINANCIAL.CA**

go CREDIT FINANCIAL

100% Approval, Guaranteed!

When the Banks Say No, **Go Credit Financial Says Yes**

We're a Go! Call Now **780 902 6333** a division of KIA WEST EDMONTON #1 Kia Dealership in Western Canada.

At Go Credit Financial we have a different approach to get the car you are looking for. Let our professional credit consultants help you get the most competitive loan. **0% Financing Available** (OAC)

Everyone Approved with **Go Credit Financial**

- ✓ Good Credit
- ✓ Bad Credit
- ✓ No Credit
- ✓ First Time Buyer
- ✓ Cash Back
- ✓ Divorced
- ✓ Disability Income
- ✓ New Job
- ✓ Repossession
- ✓ Over Balance
- ✓ Previous Declines
- ✓ Bankruptcy
- ✓ New to Canada
- ✓ 9 SIN number
- ✓ Judgments

Over 200 cars *starting at* **$39/wk**

Over 100 SUVs *starting at* **$68/wk**

Over 50 Vans and Trucks *starting at* **$67/wk**

APPROVED IN 3 EASY STEPS:

1. Call Great Deal Marco
2. Pick Your Car
3. Drive Away Today

AMVIC Alberta Motor Vehicle Industry Council · CarProof Vehicle History Reports · BBB

10151 - 179 St, Edmonton
www.gocreditfinancial.ca

4 SPORTS

Space station

Astronaut's tweet angers fans outside Leafs nation

Orbiting Canadian astronaut Chris Hadfield may have lost a few fans after tweeting a picture of himself holding a Toronto Maple Leafs plaque.

Commenting on the end of the NHL lockout, Hadfield tweeted from the International Space Station on Sunday he was ready to cheer for the Leafs.

Professing his support for Toronto did not sit well with a number of hockey fans.

Former Montreal La Presse sports reporter Jean-Francois Begin jokingly warned Hadfield to be careful next time he flies over Montreal.

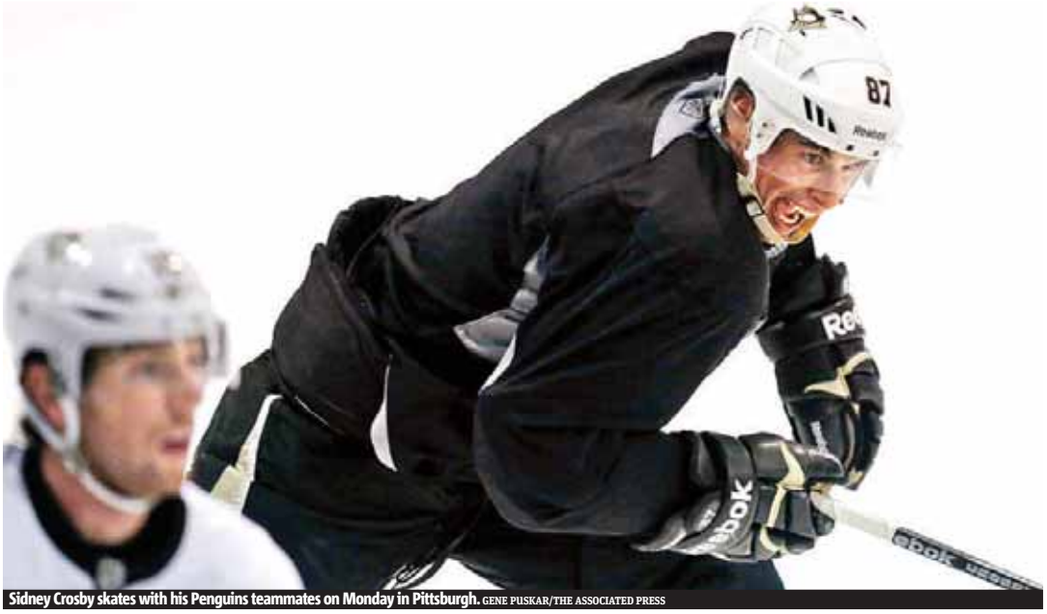
Hadfield is on a five-month visit to the space station and will become the first Canadian to take command of the giant orbiting laboratory in March.

Former Canadian astronaut Marc Garneau also got into the act. The Liberal MP tweeted Hadfield, declaring: "Go Habs Go!"

Mike Lake, an Alberta Tory MP and Edmonton Oilers fan, reminded the 53-year-old astronaut that man reaching the moon (1969) is more recent than the last time the Leafs last won the Stanley Cup (1967).

THE CANADIAN PRESS

Astronaut Chris Hadfield in Kazakhstan in December.
THE CANADIAN PRESS



Sidney Crosby skates with his Penguins teammates on Monday in Pittsburgh. GENE PUSKAR/THE ASSOCIATED PRESS

Lockout needlessly drawn-out, Sid says

NHL. Penguins star says breakdown of talks a month ago was a low point in career

Sidney Crosby says the prolonged NHL labour negotiations could have ended a month ago with what essentially was the same agreement that was reached over the weekend.

Crosby, long considered the face of the NHL, became the most visible face for the players during an early December negotiating session in New York in which some of the league's moderate owners, including the Penguins' Mario Lemieux and Ron Burkle, tried to break an impasse and reach a deal.

Quoted

"I know we've all missed that competition and we've all kind of craved that. We're going to get a good dose of that early on."

Sidney Crosby

But just when it appeared significant progress had been made and an agreement might be imminent, negotiations were halted. That impasse disheartened the Penguins' star, who was eager to play again after missing much of the previous two seasons dealing with multiple concussion layoffs.

Now that a deal is finally done, Crosby wonders why the extra month was needed.

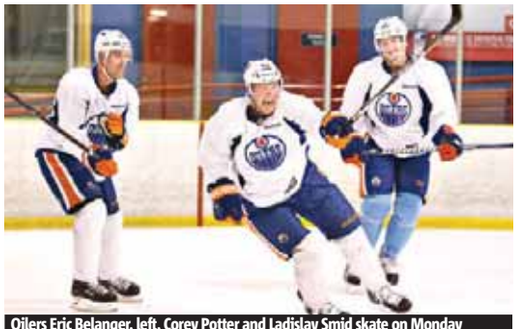
"It's pretty close to what was there in New York," Crosby said Monday after about a dozen Penguins practised on their own. "There's no great explanation for it. It's negotiations and, unfortunately, that's the way it goes. It's just an ugly thing to go through and I wouldn't recommend having to go through that again. It's difficult."

Penguins forward Craig Adams, extensively involved in the talks, backed Crosby's contention that the agreement took far longer to be completed than was necessary.

"Even though that week in New York ended badly, we still made a lot of progress, so I agree with Sid," Adams said. "That probably ended up laying the groundwork for what was the deal. And, yeah, it's frustrating we didn't get it done then and we could have taken four to five weeks off this lockout. But for whatever reason it didn't happen then, and here we are now."

Crosby said that breakdown was one of the low points of a career he is understandably impatient to resume. Because of concussion issues, he missed the entire second half of the 2010-11 season and another 60 games last season. In both seasons, the Penguins were ousted in the first round of the playoffs. THE CANADIAN PRESS

NHL season likely to be 48 games



Oilers Eric Belanger, left, Corey Potter and Ladislav Smid skate on Monday in Edmonton. Deputy commissioner Bill Daly says a 48-game season is most likely after the NHL ended its 113-day lockout early Sunday morning.
JASON FRANSON/THE CANADIAN PRESS

The timeline for the start of a shortened NHL season remained up in the air one day after the league and NHL Players' Association shook hands on a tentative deal to end the lockout.

Deputy commissioner Bill Daly told The Canadian Press on Monday morning that hope for a 50-game schedule had faded as the sides continued to finalize the memorandum of understanding their constituents will vote on later this week.

As a result, the league is expected to return with a 48-game season starting Jan. 19.

"It depends on ratification timeline for PA, but it's looking more and more like 48 games is going to be the only option," Daly said in an email.

The NHL's Board of Governors is scheduled to meet in New York on Wednesday to hold a ratification vote. A schedule had yet to be made formal for players to cast ballots, but it's believed the NHLPA wants to give them time to review the document — meaning they likely won't be able to wrap up a vote before Saturday.

Both sides need to get majority support to adopt the tentative deal they reached early Sunday morning.

THE CANADIAN PRESS

Balancing act

The NHL played 48 games following the 1994-95 lockout with a balanced intra-conference schedule for what was then a 26-team league.

- It's going to be a little more complicated this time. The NHL plans to have teams play three games against the 10 opponents within the same conference but outside their division. They will then have an unbalanced schedule against division rivals, with five games against two teams and four against the two others, according to a source.

Crimson Tide roll to 2nd straight title

BCS championship. Alabama blow out Notre Dame in second-biggest rout of BCS era

The coach no longer wears houndstooth. The result is the same. Another Alabama dynasty.

Quieting the Irish by the first play of the second quarter, Eddie Lacy, AJ McCarron and the No. 2 Crimson Tide rolled top-ranked Notre Dame 42-14 for the BCS championship Monday night, locking up a second straight national title and third in four years with another laugher of a title game.

The Bear would've been especially proud of this one — Nick Saban and the Tide romping to the second-biggest rout of the BCS era that began in 1999.

Lacy, the game's offensive MVP, ran for one touchdown and caught a pass for another in the final minute of the opening half, spinning away from the vaunted Notre Dame defence not once, but twice, to cap a 28-0 blitz before the bands even got on the field.

Head coach Nick Saban of the Alabama Crimson Tide celebrates with the trophy. GETTY IMAGES

Lacy finished with 140 yards on 20 carries, coming up with two of his best performances in the two biggest games of the year. He rushed for a career-high 181 yards in a thrilling victory over Georgia in the SEC title game, and was nearly as dominant against the Irish.

McCarron wasn't too shabby, either, completing 20 of 28 passes for four touchdowns and 264 yards, adding another dazzling effort on top of his MVP in last year's title game.

You could almost hear television sets around the country flipping to other channels, a hugely anticipated matchup between two of the nation's most storied programs reduced to nothing more than the second straight BCS blowout for the Crimson Tide.

"We've had a lot of really great football players who've worked really hard," Saban said. "Because we've had a great team, we've been able to have a significant amount of success."

The Crimson Tide will likely wrap up its ninth Associated Press national title, breaking a tie with Notre Dame for the most by any school and gaining a measure of redemption for a bitter loss to the Irish almost four decades ago: the epic Sugar Bowl in which Ara Parseghian's team edged Bear Bryant's powerhouse 24-23.

THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	23	9	.719	—
New York	23	11	.676	1
Atlanta	20	12	.625	3
Chicago	19	13	.594	4
Indiana	20	14	.588	4
Brooklyn	19	15	.559	5
Milwaukee	16	16	.500	7
Boston	17	17	.500	7
Philadelphia	15	20	.429	9 1/2
Orlando	12	21	.364	11 1/2
Detroit	13	23	.361	12
Toronto	**12**	**22**	**.353**	**12**
Charlotte	9	24	.273	14 1/2
Cleveland	8	28	.222	17
Washington	5	28	.152	18 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
L.A. Clippers	27	8	.771	—
Oklahoma City	26	8	.765	1/2
San Antonio	27	10	.730	1
Memphis	22	10	.688	3 1/2
Golden State	22	11	.667	4
Houston	20	14	.588	6 1/2
Denver	20	16	.556	7 1/2
Portland	18	15	.545	8
Utah	18	18	.500	9 1/2
Minnesota	15	15	.500	9 1/2
L.A. Lakers	15	18	.455	11
Sacramento	13	22	.371	14
Dallas	13	22	.371	14
Phoenix	12	23	.343	15
New Orleans	9	25	.265	17 1/2

Monday's results
Washington 101 Oklahoma City 99
Boston 102 New York 96
New Orleans 95 San Antonio 88
Chicago 118 Cleveland 92
Utah 100 Dallas 94
Memphis 113 Sacramento 81
Orlando at Portland
Sunday's results
Oklahoma City 104 **Toronto 92**
Miami 99 Washington 71
Charlotte 108 Detroit 101 (OT)
Memphis 92 Phoenix 81
Denver 112 L.A. Lakers 105
Tuesday's games — All Times Eastern
Miami at Indiana, 7 p.m.
Brooklyn at Philadelphia, 7 p.m.
Phoenix at Milwaukee, 8 p.m.
Atlanta at Minnesota, 8 p.m.
L.A. Lakers at Houston, 8 p.m.
Wednesday's games
Utah at Charlotte, 7 p.m.
Atlanta at Cleveland, 7 p.m.
Philadelphia at **Toronto**, 7 p.m.
Phoenix at Boston, 7:30 p.m.
L.A. Lakers at San Antonio, 8 p.m.
Milwaukee at Chicago, 8 p.m.
Minnesota at Oklahoma City, 8 p.m.
Houston at New Orleans, 8 p.m.
Orlando at Denver, 9 p.m.
Dallas at L.A. Clippers, 10:30 p.m.
Memphis at Golden State, 10:30 p.m.

NFL

PLAYOFFS

WILD CARD
Saturday's results
Houston 19 Cincinnati 13
Green Bay 24 Minnesota 10
Sunday's results
Baltimore 24 Indianapolis 9
Seattle 24 Washington 14
DIVISIONAL PLAYOFFS
Saturday's games — All Times Eastern
Baltimore at Denver, 4:30 p.m.
Green Bay at San Francisco, 8 p.m.
Sunday's games
Seattle at Atlanta, 1 p.m.
Houston at New England, 4:30 p.m.
CONFERENCE CHAMPIONSHIPS
Sunday, Jan. 20
AFC, TBA
NFC, TBA
SUPER BOWL
Sunday, Feb. 3 — at New Orleans
AFC champion vs. NFC champion, 6 p.m.

NCAA

BCS CHAMPIONSHIP
At Miami Gardens, Florida
Monday's result
Alabama 42 Notre Dame 14
GODADDY.COM BOWL
At Mobile, Alabama
Sunday's result
Arkansas State 17 Kent State 13

GOLF

PGA-HYUNDAI TOURNAMENT OF CHAMPIONS

AT KAPALUA, HAWAII
First and Second Rounds
Par 73

Dustin Johnson	69-66—135
Steve Stricker	71-67—138
Bubba Watson	70-69—139
Keegan Bradley	71-69—140
Brandt Snedeker	70-70—140
Tommy Gainey	72-69—141
Carl Pettersson	70-72—142
Nick Watney	69-73—142
Scott Piercy	72-71—143
Webb Simpson	72-72—144
Rickie Fowler	70-74—144
John Huh	73-71—144
Johnson Wagner	72-72—144
Matt Kuchar	74-71—145
Ian Poulter	71-74—145
Mark Wilson	69-76—145
J.J. Henry	71-74—145
Jonas Blixt	72-74—146

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Portland	34	20	12	1	1	100	99	42
Worcester	33	18	12	1	2	88	93	39
Providence	32	17	13	0	2	79	88	36
Manchester	35	16	15	2	2	94	92	36
St. John's	36	15	19	1	1	86	105	32

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	33	19	9	2	3	109	79	43
Bridgeport	34	17	14	1	2	106	106	37
Albany	31	13	11	1	6	78	80	33
Connecticut	35	15	17	3	0	95	109	33
Adirondack	33	14	17	1	1	79	96	30

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	34	22	7	2	3	122	91	49
Binghamton	32	21	8	1	2	104	80	45
Hershey	34	16	16	1	1	87	85	34
W-B/Scranton	34	15	16	2	1	83	90	33
Norfolk	33	14	17	2	0	83	100	30

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Toronto	33	21	9	1	2	115	83	45
Abbotsford	34	17	10	3	4	80	74	41
Lake Erie	36	18	15	2	1	111	114	39
Rochester	33	17	13	2	1	111	104	37
Hamilton	34	12	18	1	3	74	109	28

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	33	20	10	1	2	103	88	43
Milwaukee	34	17	13	2	2	92	97	38
Rockford	35	17	16	1	1	106	105	36
Chicago	32	15	12	3	2	86	92	35
Peoria	35	14	17	2	2	81	112	32

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	36	20	11	2	3	109	94	45
Texas	35	19	11	3	2	92	92	43
Houston	35	18	11	3	3	104	97	42
Oklahoma City	35	18	13	1	3	115	108	40
San Antonio	37	15	18	0	4	94	104	34

Sunday's results
Norfolk 1 Charlotte 3
W-B/Scranton 0 Connecticut 2
Springfield 4 Providence 1
Binghamton 2 Albany 5
Grand Rapids 2 Milwaukee 3 (SO)
Peoria 2 San Antonio 5
Worcester 2 Hershey 1
Oklahoma City 3 Chicago 6
Houston 3 Texas 4 (OT)
Tuesday's games — All Times Eastern
Hershey at Bridgeport, 7 p.m.
Worcester at Portland, 7 p.m.
Toronto at Hamilton, 7:30 p.m.
Wednesday's games
Syracuse at Rochester, 7:05 p.m.
Binghamton at W-B/Scranton, 7:05 p.m.
Grand Rapids at Rockford, 8:05 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You could easily get the wrong end of the stick today and say or do something you regret. If you do make a mistake, don't make it worse by refusing to admit it. An apology now will save a lot of grief later.

♉ Taurus
April 21 - May 21
According to the planets, someone will try to mislead you today. No matter how reliable you think your sources may be, make sure they know what they are talking about. Get a second opinion if necessary.

♊ Gemini
May 22 - June 21
Don't change your plans just because you are having second thoughts about a joint enterprise of some kind. Everyone has doubts occasionally — yes, even a Gemini — so sleep on it before making a final decision.

♋ Cancer
June 22 - July 23
You may feel tied down by obligations but there is not much you can do about it, so be patient. If you give others the impression you would rather be somewhere else, they may pile more work on you.

♌ Leo
July 24 - Aug. 23
If you are not too careful, today's cosmic influences could loosen your tongue and encourage you to say things that should be kept under wraps. Remember, knowledge is power, and the less others know about you the better.

♍ Virgo
Aug. 24 - Sept. 23
You may do something silly over the next 24 hours but nothing bad will come of it. The best way to deal with embarrassing situations is to laugh at them. They're simply not worth losing sleep or friends over.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to rush things today, to get through your tasks in double quick time, but that would be a mistake. Take your time and make sure you do everything to your full ability. Expect the best of yourself.

♏ Scorpio
Oct. 24 - Nov. 22
You could be rather touchy today, and for no good reason, but that's OK. Everyone who knows you realizes that once in a while you slip into a bit of a funk. And those who don't know you will soon learn.

♐ Sagittarius
Nov. 23 - Dec. 21
Things are going well for you now but there is a danger you could be lulled into a false sense of security. On the money front, especially, you are advised to take nothing for granted. Don't give away anything for free.

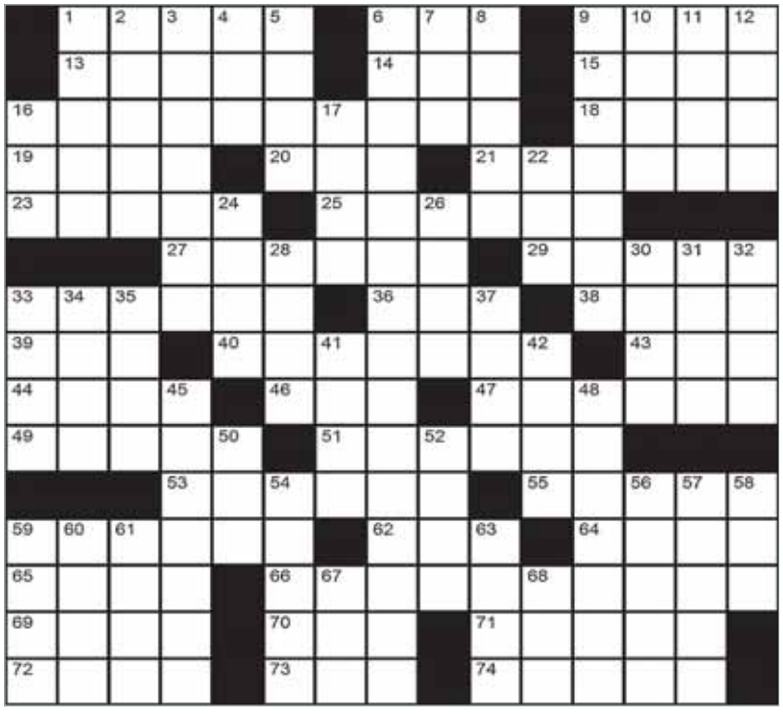
♑ Capricorn
Dec. 22 - Jan. 20
Why are you so worried? What can possibly go wrong? The Sun in your sign indicates that no matter what you do today it will work out for the best, so get on with it and wipe that frown from your face.

♒ Aquarius
Jan. 21 - Feb. 19
When the Sun moves into your birth sign at the end of next week, your energy will return. But between now and then you are advised to take things easy, mentally and emotionally as well as physically. Pace yourself.

♓ Pisces
Feb. 20 - March 20
You are in one of your daydreamy moods at the moment and there is nothing wrong with that, but watch out you don't lose touch with reality completely. There are people out there who will take advantage. **SALLY BROMPTON**

Crossword: Canada Across & Down

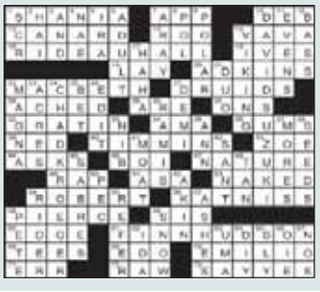
BY KELLY ANN BUCHANAN



Across
1. Rocker born Jan. 8th, 1935
6. "Brother Down" singer Mr. Roberts
9. Recipe meas.
13. Singer Bonnie
14. Pussycat Dolls hit: "Don't __"
15. __ National Park, BC
16. Current exhibit at #9-Down, Terrestrial __
18. A&W __ Beer
19. "...take _ __ song and make it better."
20. For each
21. "Wild __" by Gino Vannelli
23. Litigate again
25. Go "Achoo!"
27. Volcano opening
29. "I'm a __ 4 U" by Britney Spears
33. Soup tidbit
36. Performed
38. Sci-Fi princess
39. Dublin, __.
40. Dressed like Dracula
43. CV
44. Actor Mr. Schreiber
46. Mr. Pacino's
47. Snappy reply
49. 'Sexiest Man Alive', Channing __
51. Penitent person
53. Northwest Territories town
55. Some large cats
59. Canadian actor Mr. Garber of NBC's new drama "Deception"
62. Avril's follower
64. Bananas brand
65. Much: 2 wds.
66. Football-shaped "Family Guy" character: 2 wds.
69. Garage band's CD
70. Banqueted
71. Sir Newton
72. Paradise
73. __'easter
74. Lightly fry

Down
1. Clear
2. Sing-song sounds
3. Bridge with arches
4. 'Social' suffix
5. Supremes song starter!
6. __, Beloved of the Sky (Emily Carr, oil on canvas, 1935): 3 wds.
7. Sushi tuna
8. Papier-__
9. Royal __ Museum (Fossils-viewing spot in Alberta's badlands)
10. Ghost cries
11. Pump or loafer
12. Cultivating containers
16. Golf standard
17. Soap brand
22. Li'l weight units
24. Toronto-born actor Mr. McCormack
26. Mr. Estrada
28. Teatro __ Scala; aka La Scala (Milan opera house)
30. Bubbly bar
31. Challenger
32. The __ Coast
33. Lively tune
34. 'Crit' completer
35. Nair competitor
37. Actress Laura
41. Norwegian king, variantly
42. Meaningful
45. Louis __ handbags
48. Past (and possibly future?) Prime Minister
50. Alphabetic trio
52. "No problem."
54. Country star Keith
56. Never Cry Wolf author Farley
57. Lewis Carroll character
58. Look
59. __ mecum (Handbook)
60. __ _'Orleans, QC
61. Order to Fido
63. Egyptian goddess
67. _ __ Z
68. US airport screening org.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					4			
	4			8				
				7	2	3	4	9
	6	5		3			8	2
		4	8		1	5		
3	8			6		7	9	
2	7	1	6	9				
				4			6	
			1					

Yesterday's Sudoku

7	4	9	5	2	1	6	8	3
6	2	1	7	8	3	9	5	4
3	8	5	6	4	9	1	7	2
5	9	2	4	1	6	7	3	8
1	3	6	2	5	7	4	9	6
4	6	7	3	9	8	2	1	5
8	7	3	1	6	4	5	2	9
2	1	4	9	3	5	8	6	7
9	5	6	8	7	2	3	4	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -2°	MAX: -4°	MAX: -9°

BT BREAKFAST TELEVISION

MICHELE MCDOUGALL
WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 AM**

73 FEATURE!

12" **73 Deluxe Pizza**

Pepperoni, green peppers, ham & fresh mushrooms

$11.99 Single Pizza

WINTER SAVINGS!

2 Medium 2-Topper Pizzas

+4 Pack of Coke

+2 Dips

$19.99

PIZZA 73

Place your next order online:
www.pizza73.com

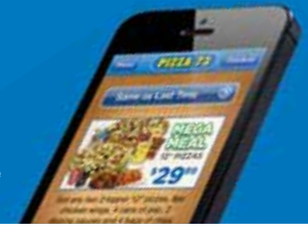
In Edmonton and area:
(780) 473-7373

Over 30 Locations in Edmonton, St. Albert, Leduc, Sherwood Park, Spruce Grove, Stony Plain and Fort Saskatchewan.

ALWAYS OPEN LATE! Til 3am Friday & Saturday*

NOW AVAILABLE:
Pizza 73 App for iPhone & iPod Touch!

Available on the App Store



*Some restrictions apply. Not valid in conjunction with any other offer. While supplies last. Taxes and delivery extra. Coupons not applicable to these offers. Offers valid until February 10, 2013. Offers subject to expire without notice. ®/TM Coca-Cola Ltd., used under license. Coke Zero is suitable for calorie reduced diets. Apple, the Apple logo, iPhone, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Registered trademarks of Pizza Pizza Royalty Limited Partnership, used under license. © Pizza 73 2013. 0013950